



The poster features a central image of a triathlete in three positions: swimming (left, blue), cycling (center, white), and running (right, orange). The background is dark grey with stylized white trees. A large white vertical line runs through the center, flanked by blue and orange wavy lines. At the bottom, the text 'IRONMÉDOC' is in large, bold, white letters. Below it, 'HOURTIN' is in orange, followed by 'ÎLE AUX ENFANTS' and '1/2 JUIN 2013' in white. The website 'www.ironmedoc.com' is at the bottom. Logos for 'LESPARRE' and 'TRIATHLON DURABLE' are in the top corners. A vertical list of phone numbers is on the right edge.

LESPARRE

TRIATHLON DURABLE

3.8 KM

180 KM

42 KM

E. Leclerc
Lesparre

IRONMÉDOC

HOURTIN

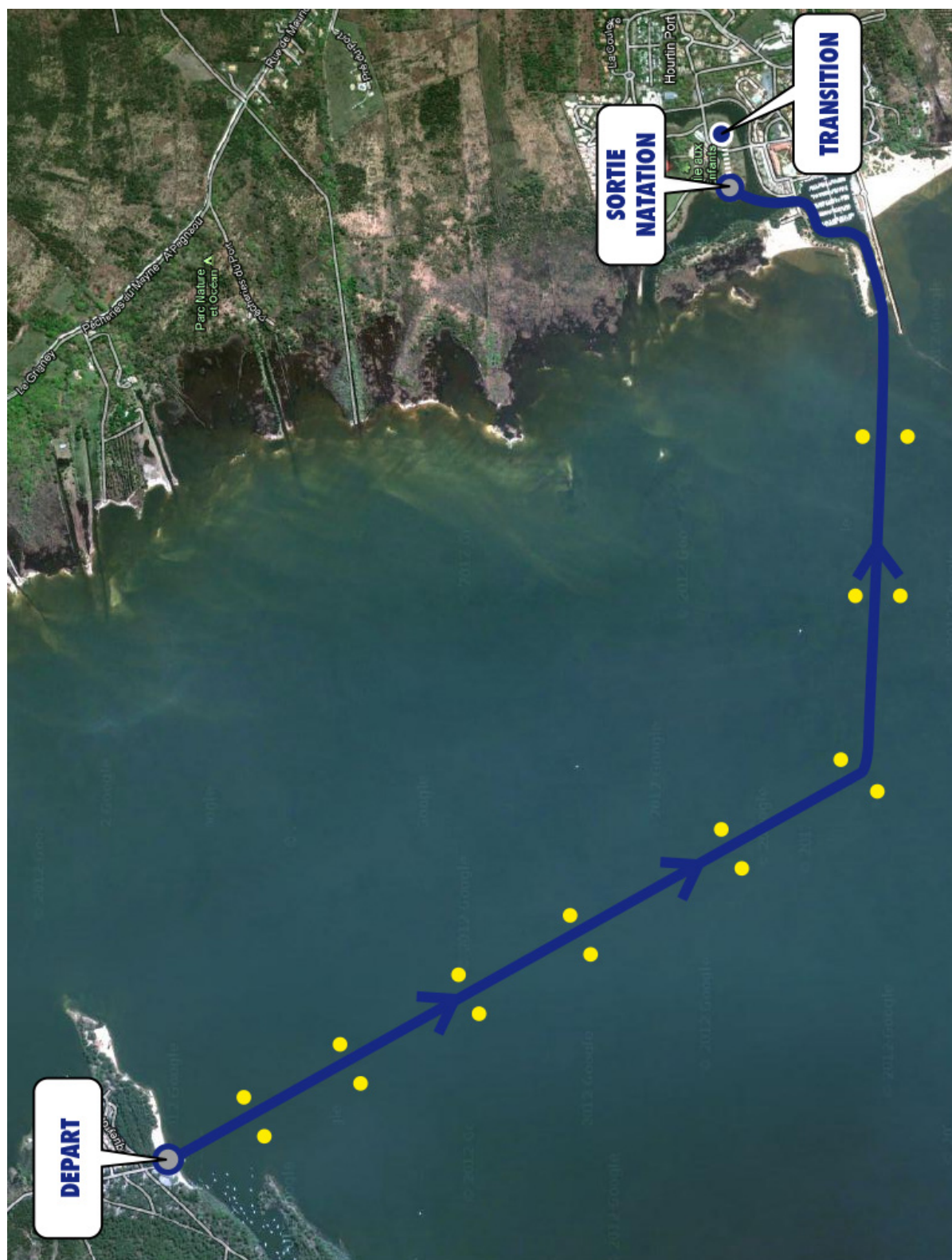
ÎLE AUX ENFANTS

1/2 JUIN 2013

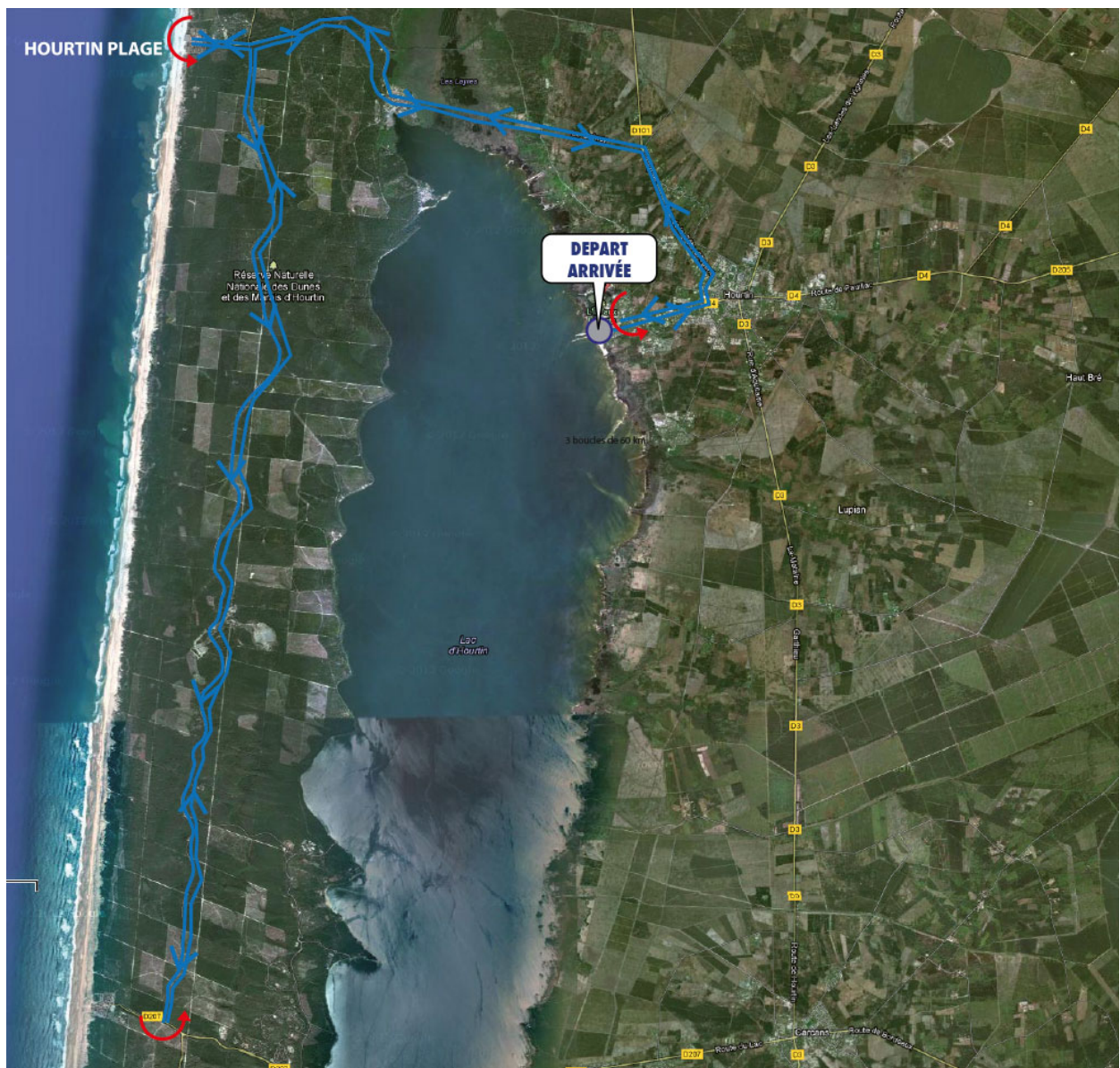
www.ironmedoc.com

Organisation Sport Academy : 05 57 78 25 71 - 06 86 13 47 06 - Promotion / Communication : L.X.R 05 56 50 50 05 - 06 11 74 16 61

Parcours Natation



Parcours Vélo



Parcours Course à Pied



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